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# Effective working processes employed by a multidisciplinary team to reduce injury

Dr. Jason Tee & Dr. Fieke Rongen



@JasonCTee

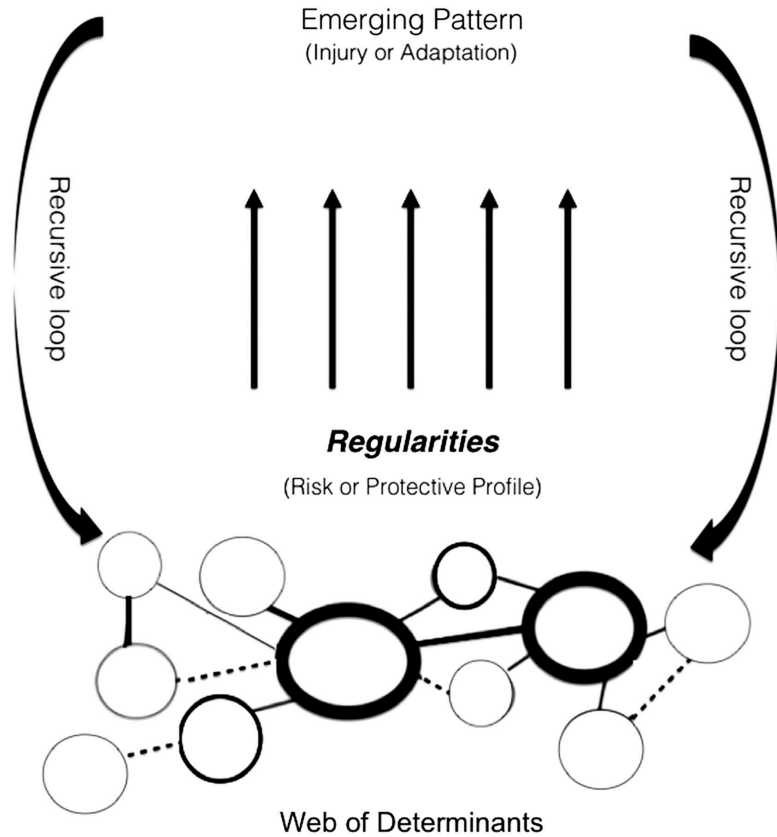
@FiekeRongen



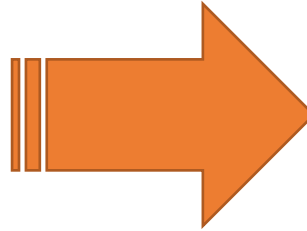
JasonT@dut.ac.za

f.rongen@leedsbeckett.ac.uk

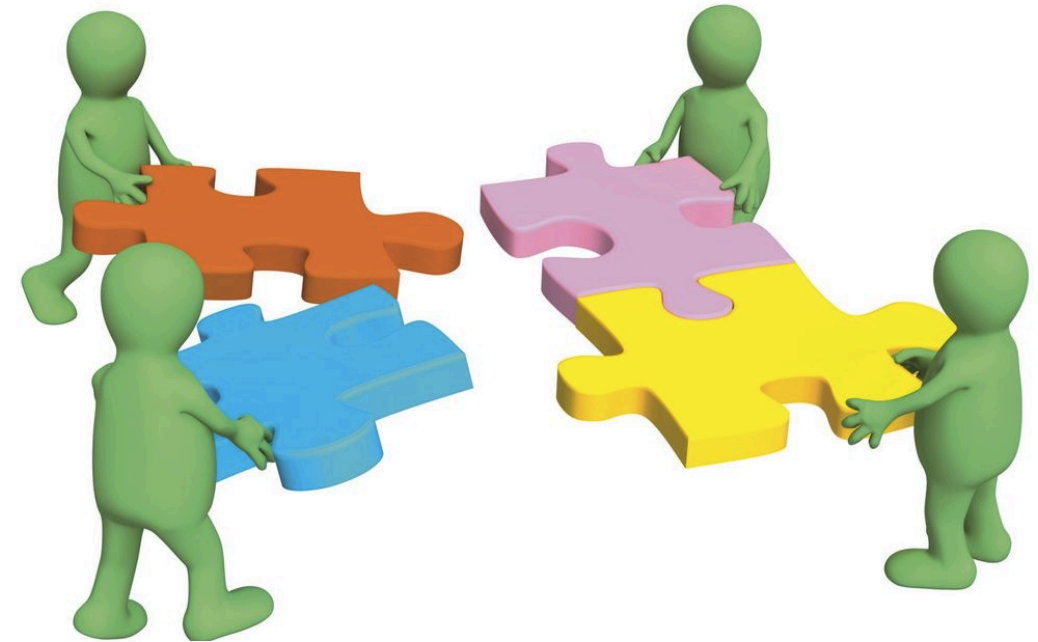
# Why MDT's?



Sports injury is complex and multi-factorial



MDT's are best equipped with the knowledge and skills needs to reduce injury



# What's the problem with MDT's?

- Differences of opinion
- Lack of support

- Availability
- No data

- Competition for coach attention

- Conflict
- Bad data

- Workload

- Lack of resource



# Rationale

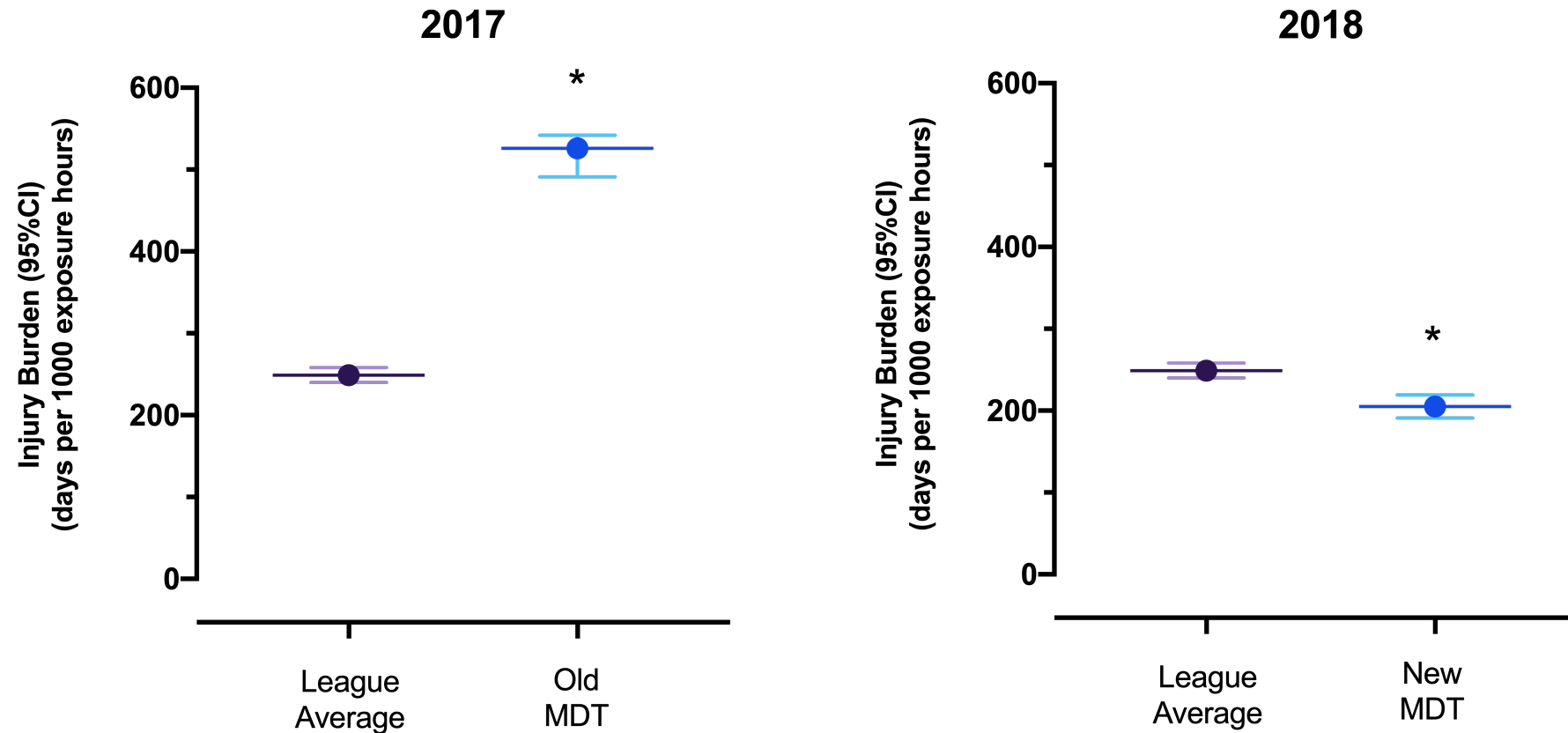
Research investigating the processes and practices of MDT's is limited, particularly within high performance team sport environments.

## Aim

Investigate the contributory contextual factors and working practices of a MDT that has been demonstrably effective



# Finding the effective MDT



58% reduction in injury burden following the establishment of a new MDT!

# Methods

## Participants

### The MDT

- Head Coach
- Assistant Coach
- S&C Coach
- Physiotherapist
- Sport Scientist



## Procedures

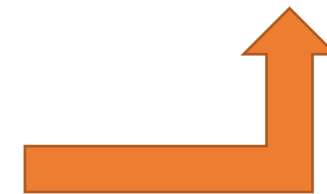
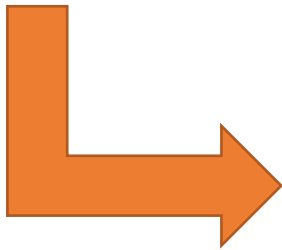
Individual semi-structured interviews

- (1) the injury prevention process within the club,
- (2) the role of each member of the MDT in relation to injury prevention,
- (3) whether and how injury prevention could be optimized

## Data analysis

Inductive thematic analysis according to the methods of Braun, Clark and Wheat (2016)

Experienced qualitative researcher acted as a critical friend throughout the analysis process



# Results

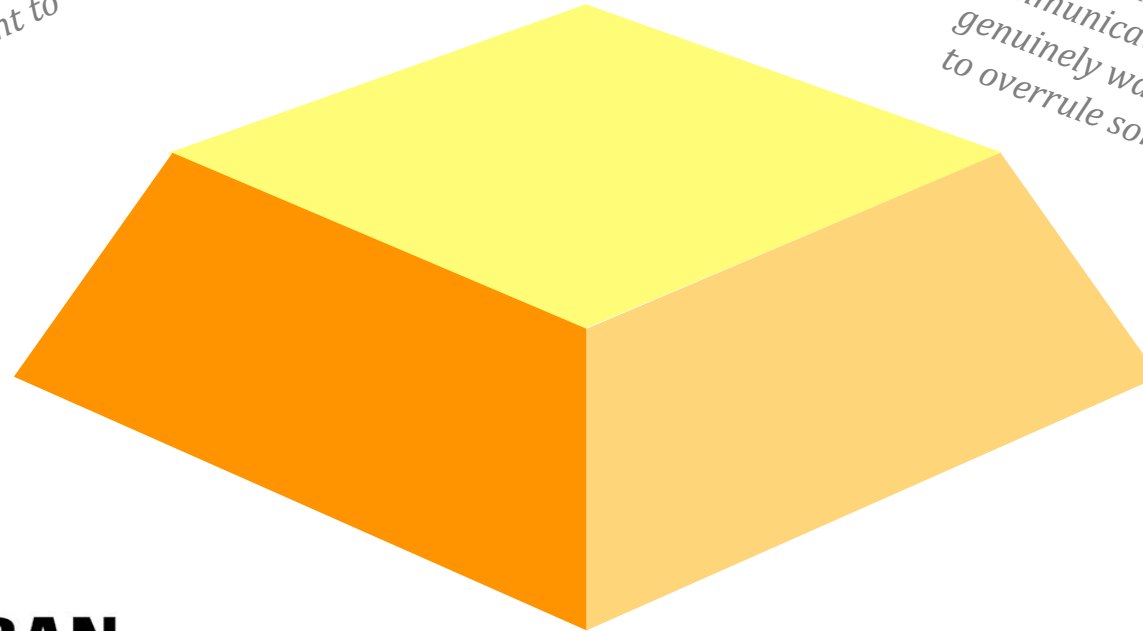
## Shared Values

A shared value system provided a deep rooted understanding of the overarching principles that the group should uphold in their daily practice

1. Do what is best for the players, not for the team
2. Injury prevention is everyone's responsibility
3. Everyone's expertise is valued
4. There is always room to improve

*"It isn't the Physio's sole responsibility to prevent injury. It's our responsibility as a Department to prevent injury and we all tip into that"*  
**Assistant coach**

*For a team to be successful all members of staff have to communicate well and have a good relationship. I genuinely want what's best for people. I'm never going to overrule someone."*  
**Head Coach**



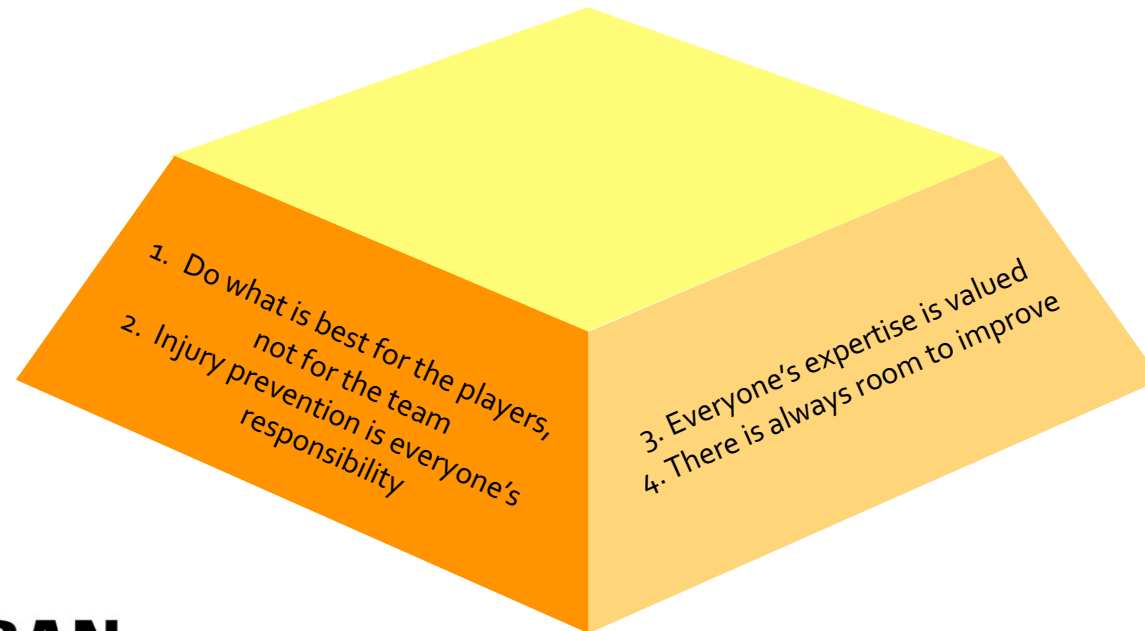


# Results



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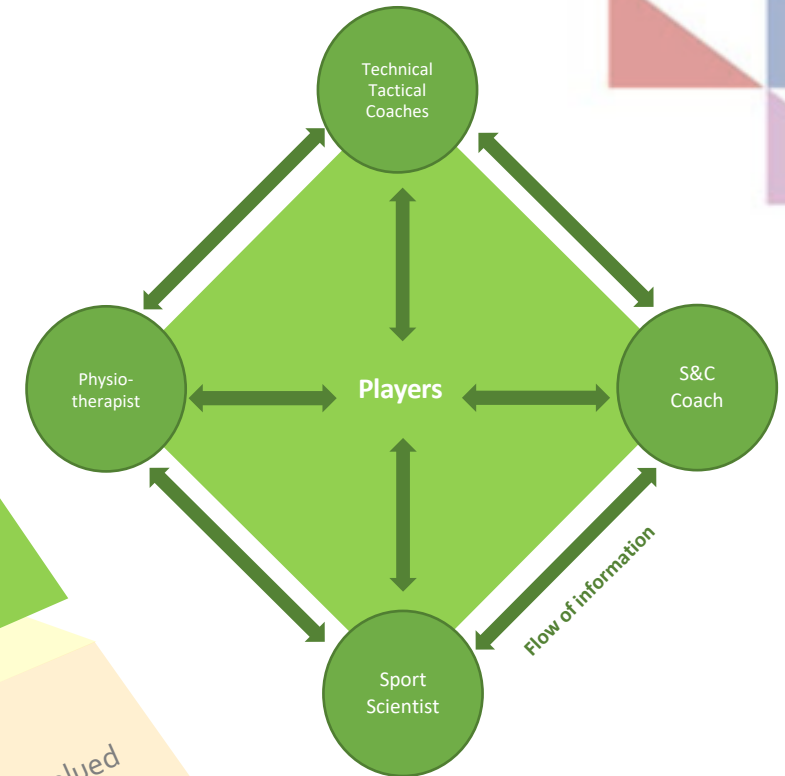
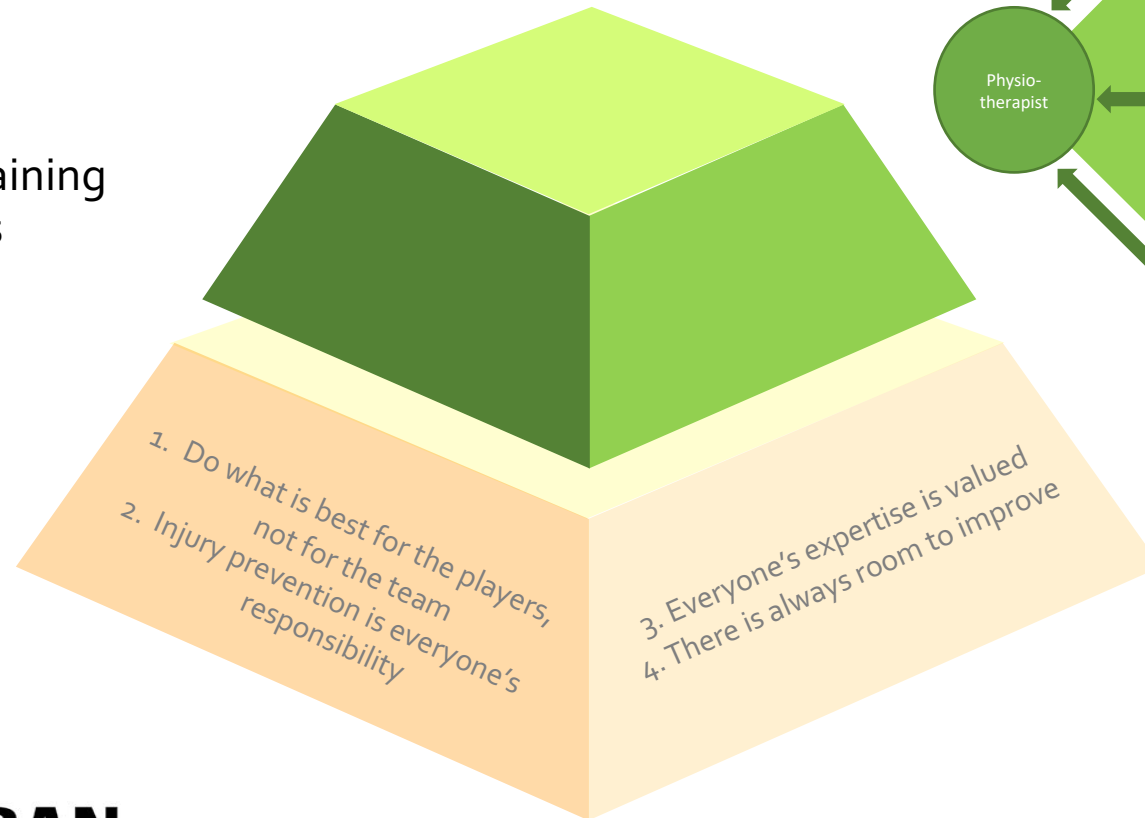
# Results

## Expertise

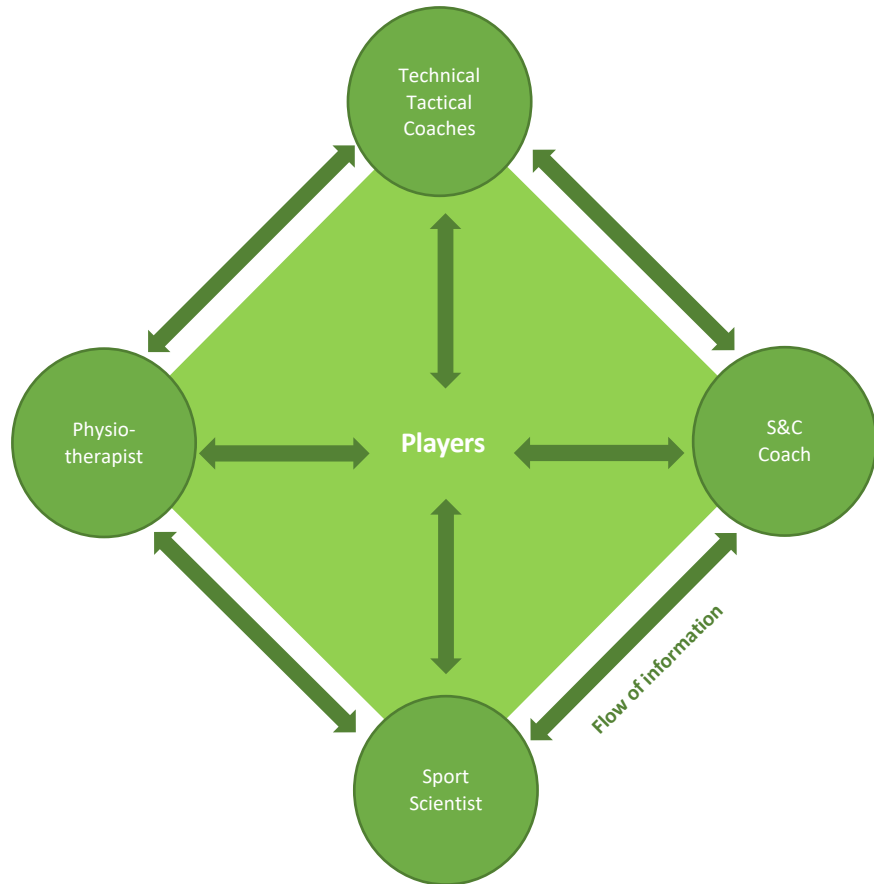
- Excellence in areas of professional expertise
- Context specific expertise
- Skill in building and maintaining interpersonal relationships

## Shared Values

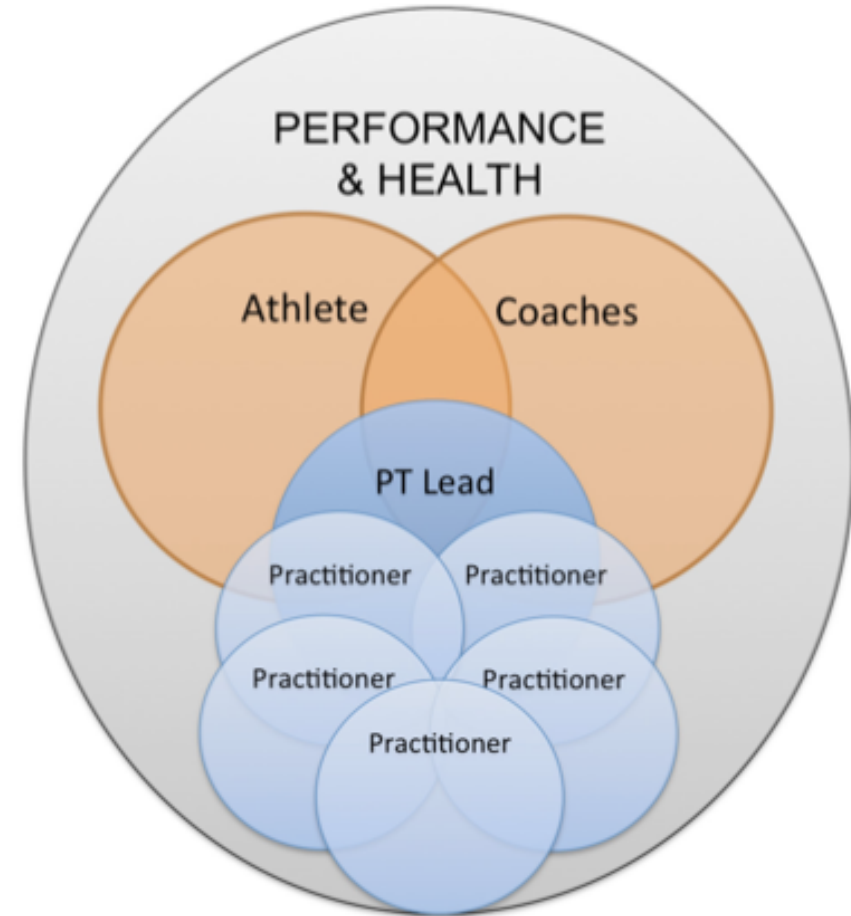
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# MDT structures



VS.



Sporer and Windt, BJSM 2018

# Results

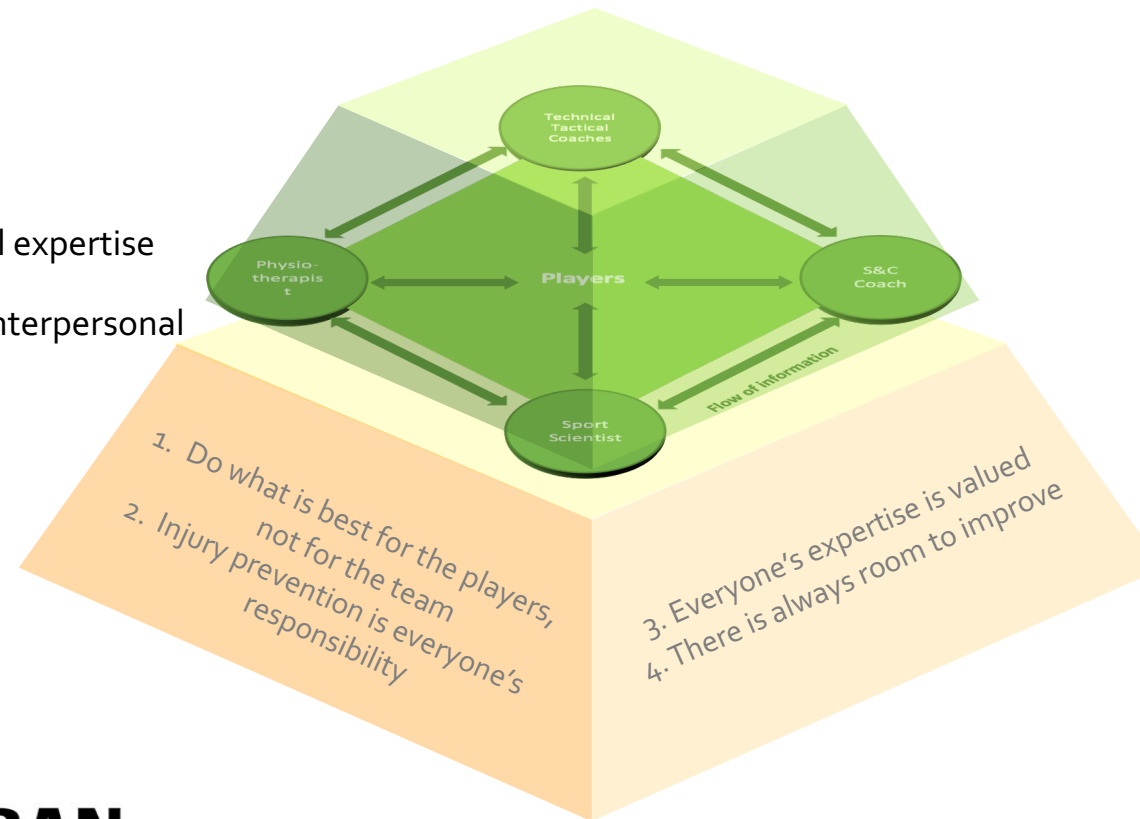


## Expertise

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# Results

## Operationalisation

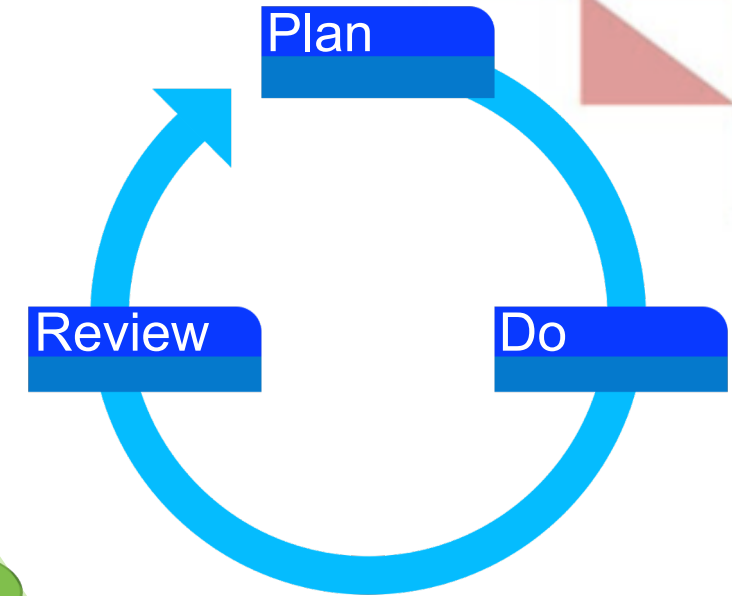
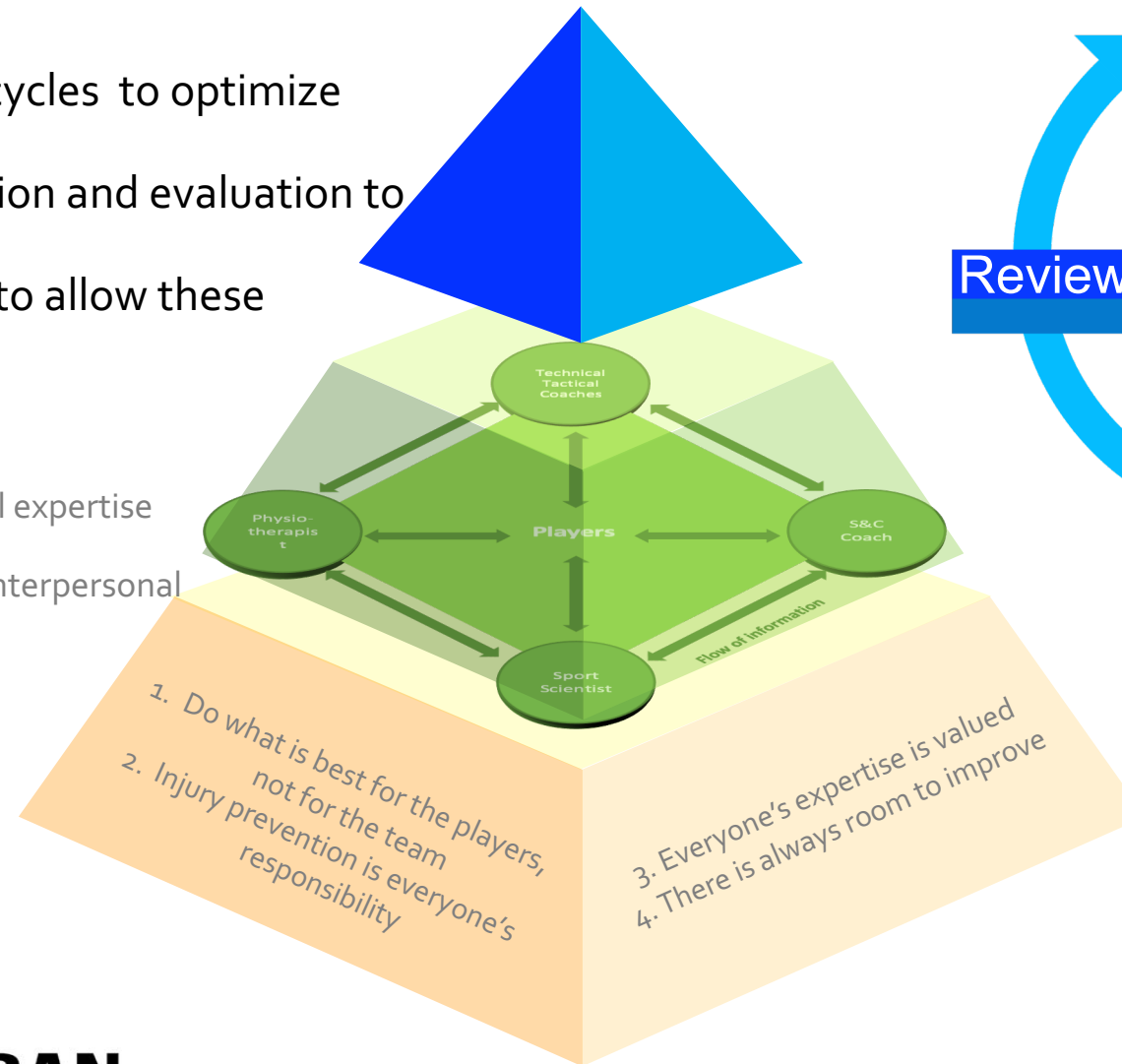
- Iterative plan, do, review cycles to optimize training prescription
- Sophisticated data collection and evaluation to inform decision making
- Space, time and resource to allow these processes to take place

## Expertise

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- Context specific expertise
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# Results

## Operationalisation

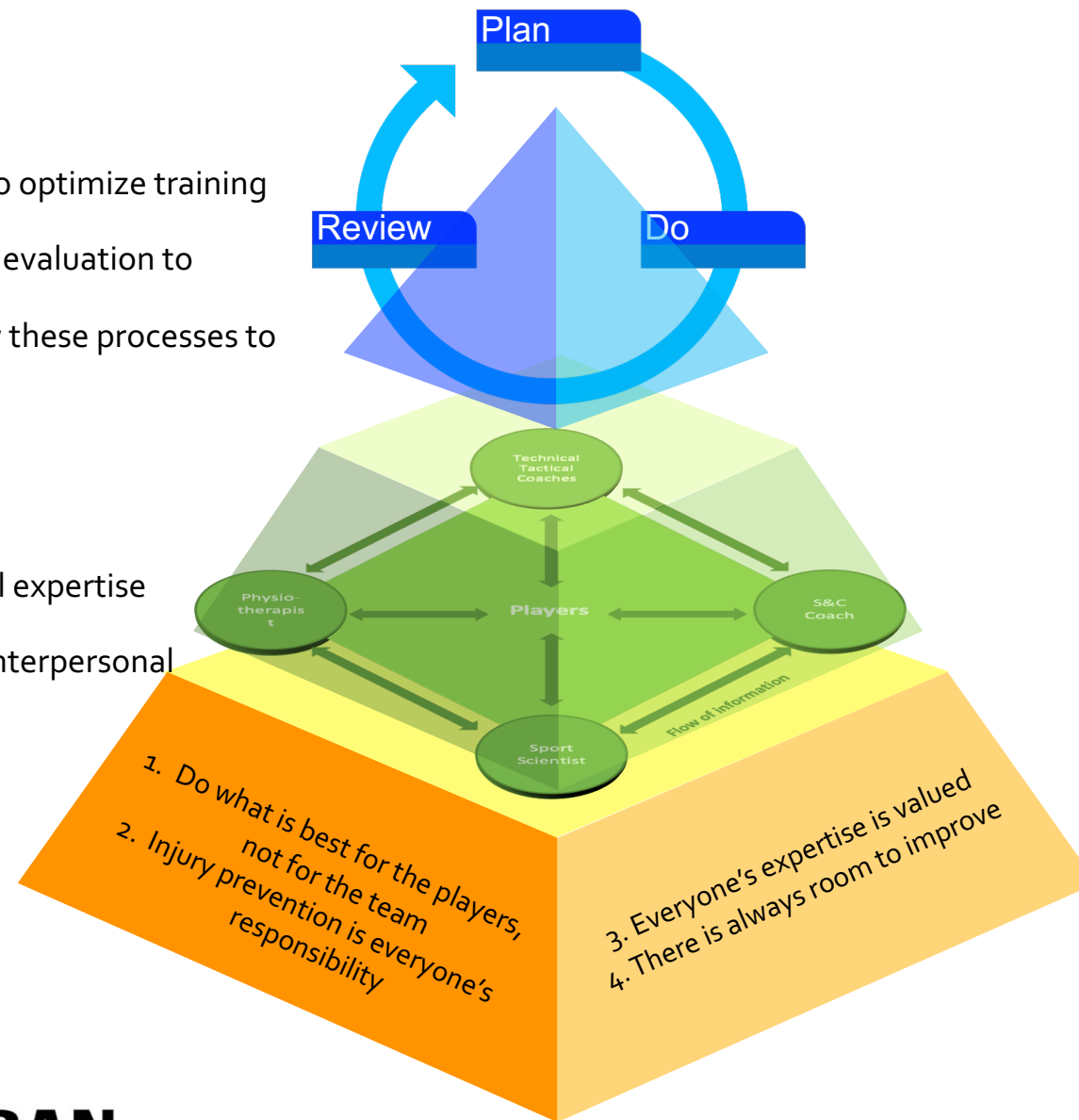
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# Take home message



The main finding of this research is that while effective operational procedures are undoubtedly important, the effectiveness of these procedures is built on a **foundation of shared values** and **high levels of professional and interpersonal expertise**.

*“Certainly the academy structure is the best I’ve been in. I wouldn’t change anything to be honest. I think every member of the team, we’re working towards the same goals and I think that’s key, everything is really well streamlined. I think it works really well.”*

**Physiotherapist**

